

# Raisin Pudding



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



198 kcal

## Ingredients

- 6 servings nutmeg
- 1 cup milk
- 1.5 cups yogurt plain
- 1 cup raisins
- 0.5 teaspoon vanilla extract
- 3 ounces vanilla pudding
- 0.3 cup water

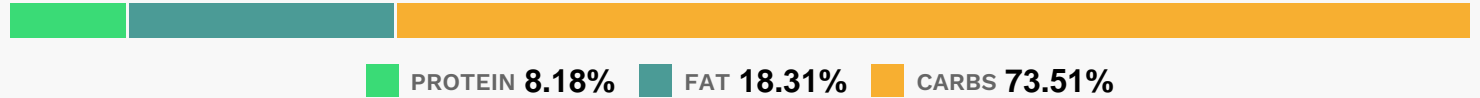
## Equipment

- sauce pan

## Directions

- In a saucepan, combine pudding mix, milk and water; cook over medium heat until thickened.
- Remove from the heat; stir in the raisins and vanilla. Cool for 15 minutes; stir in yogurt. Spoon into individual desserts dishes. Chill for 2–3 hours. If desired, garnish with whipped topping and sprinkle with nutmeg.

## Nutrition Facts



## Properties

Glycemic Index:30.97, Glycemic Load:11.85, Inflammation Score:-2, Nutrition Score:5.1465216764937%

## Nutrients (% of daily need)

Calories: 198.48kcal (9.92%), Fat: 4.21g (6.47%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 35.85g (13.04%), Sugar: 16.67g (18.52%), Cholesterol: 12.84mg (4.28%), Sodium: 141.41mg (6.15%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 4.23g (8.46%), Calcium: 135.72mg (13.57%), Phosphorus: 121.95mg (12.19%), Vitamin B2: 0.19mg (11.2%), Potassium: 365.64mg (10.45%), Fiber: 2.14g (8.58%), Vitamin B12: 0.45µg (7.44%), Manganese: 0.13mg (6.43%), Magnesium: 23.31mg (5.83%), Copper: 0.1mg (5.24%), Vitamin B1: 0.07mg (4.97%), Vitamin B6: 0.09mg (4.66%), Zinc: 0.62mg (4.13%), Iron: 0.73mg (4.05%), Vitamin B5: 0.4mg (4.01%), Selenium: 2.42µg (3.46%), Vitamin D: 0.51µg (3.39%), Vitamin A: 128.56IU (2.57%), Vitamin C: 1.67mg (2.03%), Vitamin B3: 0.39mg (1.93%), Folate: 6.53µg (1.63%)